



## MESSAGE FROM MAYOR

# Forest Heights Annual Community Festival

*Let's Celebrate Our Citizens'*

*Many Cultures, Many Talents*



**SATURDAY, AUGUST 6, 2016**

**11:00 AM-6:00 PM**



**Tayac Park (at the end of Terrell and Ottawa Street)**

**COME PICKUP YOUR FREE MEAL TICKETS FOR  
FOREST HEIGHTS DAY. Between 8:30a.m.-4:30p.m.  
NO TICKETS WILL BE PASSED OUT AT THE PARK.**

Forest Heights Parade will begin at 11:00 a.m., starting at Seneca Drive and Mohican Drive featuring the McCollough Royal Knights Marching Band and Forest Heights Limitless All Starz Dance.

Forest Heights Festival! Tayac Park at the end of Terrell and Ottawa Street. Food, events, games, step shows, tournaments, live Bands, Jazz and R&B and a lot more-fun for the entire family so bring your family and your lawn chair and party in your community.

Come out and watch the parade. Live Music to begin at 1:00 p.m. Park and Ride start at 11:30 a.m. to bring resident to the park. (Check inside newsletter for pickup location.)

*For more Information, to speak at the event, or to register to be a vendor call Mrs. Sherletta Hawkins (Bean) deadline July 20, 2016 301-839-1030/ shawkins@forestheightsmd.gov*

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***NATIONAL NIGHT OUT, WILL BE CELEBRATED IN CONJUNCTION WITH  
FOREST HEIGHTS DAY.***

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# Town Community News

## MAYOR AND TOWN COUNCIL TOWN OF FOREST HEIGHTS

### Fiscal Year 2017 Budget

#### INTRODUCED BY: MAYOR & TOWN COUNCIL

Section 1. The general purpose of the Resolution is to appropriate sums and amounts for the 2016-2017 Budget of the Town of Forest Heights, Maryland in the following areas of the General Fund.

Section 2. BE IT RESOLVED by the Mayor and Town Council of the Town of Forest Heights, Maryland that the sums and amounts are hereby appropriated for the Fiscal Year beginning July 1, 2016 and ending June 30, 2017, to defray expenses and operations costs for the Town of Forest Heights as follows:

#### REVENUES

<b>GENERAL FUND REVENUES</b>	\$5,431,263.00
Town Real Estate Taxes - Noncommercial	\$990,675.00
Town Real Estate Taxes - Commercial	\$59,625.00
Income Taxes	\$200,000.00
Other Taxes	\$70,000.00
Trash Fee	\$159,324.00
<b>INTERGOVERNMENT</b>	\$1,193,987.00
<b>LICENSES &amp; PERMITS</b>	\$21,125.00
<b>TOWN SERVICES</b>	\$8,346.00
<b>SPEED CAMERA</b>	\$975,000.00
<b>OTHER REVENUES</b>	\$112,286.00
<b>OTHER FINANCING</b>	\$500,000.00
<b>FUND BALANCE</b>	\$1,140,895.00
<b>TOTAL REVENUES</b>	<b>\$5,431,263.00</b>

#### EXPENDITURES

<b>GENERAL GOVERNMENT</b>	\$64,554.00
<b>ADMINISTRATION</b>	\$319,564.00
<b>NON-DEPARTMENTAL</b>	\$284,260.00
<b>PUBLIC SAFETY</b>	\$671,695.00
<b>PUBLIC WORKS</b>	\$342,962.00
<b>SPEED CAMERA</b>	
Direct Speed Camera Cost	\$456,000.00
Allowable Expenses	\$5,000.00
<b>STREET IMPROVEMENTS</b>	\$200,000.00
<b>TRASH SERVICES EXPENSE</b>	\$166,324.00
<b>CAPITAL IMPROVEMENTS</b>	\$840,118.00
<b>MUNICIPAL BUILDING EXPENSE</b>	\$477,000.00
<b>STREET LIGHTING EXPENSE</b>	\$40,000.00
<b>TOTAL SPECIAL PROGRAM EXPENSE</b>	\$29,000.00
<b>GRANTS – RESTRICTED FUNDING</b>	\$660,373.00
<b>FUND BALANCE</b>	\$874,413.00
<b>SUB-TOTAL GENERAL FUND EXPENDITURES</b>	\$5,431,263.00
<b>TOTAL EXPENDITURES</b>	<b>\$5,431,263.00</b>

## Town Community News



After a successful National Night Out combined with Forest Heights Day last year we are again sponsoring The Forest Heights Police Department's National Night Out at this year's Forest Heights Day festivities.

Please come out and meet your dedicated police officers at our tent setup. We will have some very nice giveaways and provide parents with ID photos for their children. We look forward to seeing you there on August 6, 2016.

On August 27, 2016, at 1:30 p.m. till 2:30 p.m., Councilwoman Cynthia Mann will sponsor a "Meet with the Police" session at the Forest Heights Town Hall. Residents are invited to attend and discuss matters related to public safety.



### Join the Forest Heights Community Garden

#### What the Benefits of being involved in a Grow Community Gardens?

- **Improves the health and wellbeing of those involved** – Many people find that gardening relieves the stresses and strains of everyday life. Our gardens are designed to cater for people with a range of mobility and we work together to make sure that everyone can be involved.
- **Improves the quality of life for people in the garden** – People report feeling happier and healthier through their involvement in the garden.
- **Connects people to their community** – Many people talk of never seeing their neighbors, not feeling part of the community, having no say in what happens in their community – being involved in a Grow community garden enables people to connect with their community in a meaningful way – one that respects difference and promotes diversity
- **Stimulates Social Interaction** – Friendships are formed at the garden and there are many examples of care and attention which those involved show to one another.
- **Encourages Self-Reliance** – We work together to find solutions to challenges in the garden. Everyone is encouraged to make suggestions and undertake all sorts of tasks from making benches, planting, growing

tomatoes plants.

- **Beautifies Neighborhoods** – With a keen eye to transforming contested and disused space, Grow works hard to beautify a space which may have been an eyesore in a neighborhood.
- **Produces Nutritious Food** – Food costs have risen significantly in recent years. Organic food is often beyond the reach of many, especially those in receipt of pensions, disability allowances or benefits. Being able to grow and cook fresh organic produce makes a real difference to diet and health. Many people, who would have limited the range of vegetables they would have used, tend to increase the range and quantity of vegetables and fruit they cook with every week as result of involvement in the garden. Children involved with the project begin to identify and eat vegetables they would have never considered before.
- **Provides opportunities for intergenerational and cross-cultural connection** – Community gardens offer unique opportunities to establish relationships within and across physical and social barriers including:
  - Inter-generational exposure to cultural traditions
  - Cultural exchange with other gardeners
  - Access to non-English speaking communities

**There are 28 plots available to individuals, families, and community groups, and ideal to those residents who lack their own garden space. Location South Huron Drive.**

**Reserve your plot today! Contact the Town at 301-839-1030.**



**W**e need your help: **Forest Heights Green Team**, why would anyone want to join our team if all they have to do is work and sit around in boring meetings? Our Aim is to make it fun and exciting while we work together towards and sustainability community. If you can answer this question. What you think are the big green issues? You need to be apart of the Green Team. **Next Meeting July 28, 2018. Town Hall 6:00 p.m.**

## Town Community News (continued)

### Town of Forest Heights hosts Nigerian King Adeyeye Enitan Ogunwusi to further development and investment relations between Africa and U.S.

Town of Forest Heights Mayor Jacqueline Goodall, left, presents a proclamation to Ooni of Ife, Oba Adeyeye Enitan Ogunwusi, Ojaja II, during his visit to the Forest Heights Municipal Building on June 16th. Ogunwusi — who also received a letter of friendship and an honorary life time membership into the Maryland Black Mayors, Inc. — is visiting select cities throughout the Washington, D.C. metropolitan area to further development and investment relations between Africa and the U.S. The White House also hosted Ogunwusi and honored him with a peace ambassador award.

Continental African Council Director Remi Duyile introduces Prince Ogunwusi before he takes the podium. Duyile is a Nigerian American who was recently appointed director of the Maryland Democratic Party's Continental African Diversity Leadership Council in December 2015.

King Ogunwusi presented a special plaque to Goodall to symbolize his agreement to work together and build stronger relations with the Town of Forest Heights and Prince George's County.

The Town of Landover Hills Mayor Lee P. Walker received a token of appreciation from King Ogunwusi for his participation in the initiative.

Promoting stronger relations to further development and investment opportunities between Africa and the U.S., the Town of Forest Heights hosted his imperial majesty Ooni of Ife, Oba Adeyeye Enitan Ogunwusi, Ojaja II, during his visit to the Forest Heights Municipal Building on June 16th.

Ogunwusi arrived in true royal fashion as he and his wife were led by an entourage of about 50 people including security personnel, dancers, assistants and other dignitaries from Nigeria, most of whom were dressed in long colorful African dashikis and print skirts.



### Forest Heights Food Drive was a Huge Success Again.

Our food drive's timing is crucial. Food banks and pantries often receive the majority of their donations during the Thanksgiving and Christmas holiday season. By springtime, many pantries are depleted, entering the summer low on supplies at

a time when many school breakfast and lunch programs are not available to children in need.

This year's Forest Heights Police Department hosted the **Hunger Food Drive**; it was a huge success. Thousands of pounds of non-perishable food were donated from the community.

A huge Thank You to the Forest Heights and Eastover Community who helped make this event a success. Many families will receive food throughout the summer due to your efforts.

**Nice work, everyone! Stay tuned for next Food Drive!**



### What's Bugging You? Not getting your newsletter.

Most of us still receive a lot of mail every day. Some of it you don't even want, but Lenora Pride did want her newsletter and wondered why she wasn't getting it. Then she started getting notices from people that they was not receive newsletter neither, so she asked what was going on. If you are having a problem with the delivery of your mail/newsletter please contact the Town Administrator office. 301-839-1030.



## Town Community News (continued)

### Pepco's get Prepared Price is subject to modifications.

Manage your account, take control and find new ways to use energy more efficiently.

Create an account under the Home page.

- Explore ways to manage your energy costs
- Calculate your bill before you receive one.
- Calculate what you could save by making specific improvements and simple changes around your home.

## Holiday Schedule for Trash

**Change in Schedule** – All customers will be picked up *one day later* than their regular trash & recycling removal day.

### **Labor Day 2016**

**No Change in Schedule** – All customers will be picked up their regular trash & recycling removal day.

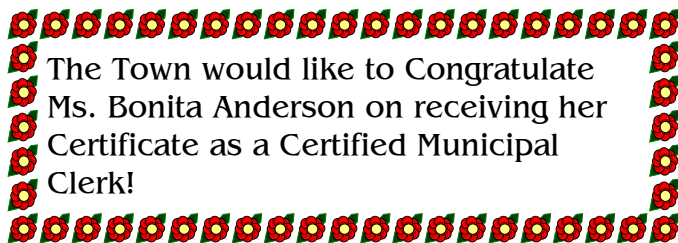
### **Thanksgiving Day 2016**

**NO Change in Schedule** – All other customers are picked up on their regular trash & recycling removal day.

### **Christmas Day 2016**

**NO Change in Schedule** – All customers are picked up on their regular trash & recycling removal day.

### **New Year's Day 2017**



The Town would like to Congratulate Ms. Bonita Anderson on receiving her Certificate as a Certified Municipal Clerk!

### **The Dancing Warriorettes/Forest Heights Limitless All-Starz**

perform in the

### **2016 National Independence Day Parade—Washington DC.**

Great Job Young Ladies.

**Program Every Saturday**

9:00-12:00 p.m.

**Ages 8 yrs to 18yrs.**



Forest Heights News

# SUMMER THEATER CAMP

**Come join us for the theater camp this summer. We will spend our time learning acting, singing, and improvisation.**



### **WHEN\***

**Session 1**

**June 6– July 1**

**Session 2**

**July 11– July 29**

**Session 3**

**August 1– August 12**

**3-5 pm**

### **WHERE**

**Forest Heights Municipal Building**

**5508 Arapahoe Drive,  
Forest Heights, MD 20745**

**\*Rising 4-6 graders**

**Mondays and Wednesday**

**Rising 7-8 graders**

**Tuesdays and Thursdays**

**Friday Improvisation  
(all grades)**

**\*optional**

**You may come to all sessions or two or just one however to perform on Forest Heights Day Session 3 is a requirement**

A Parent or Guardian approves of this program for their child to participate in and agree to release and hold the town harmless for any injuries or death that may occur to the participant while participating in this program:

Signature \_\_\_\_\_ Student Name \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_ Home # \_\_\_\_\_ Cell # \_\_\_\_\_

Also you agree that any photographs taken of your child while engaged in the program activity are the property of the Town of Forest Heights and your consent to the same

Schools involved:

Forest Heights Elementary, Flintstone Elementary, Glassmanor Elementary School, Valley View Elementary and Oxon Hill Middle

### **State of Maryland Mosquito Control Program!**



The Town of Forest Heights has opted into the State of Maryland Mosquito Control Program. The program begins May 31, 2016 and ends September 21, 2016. The summer season and warmer months are the typical breeding season for mosquito's. Questions regarding the program can be addressed to State of Maryland Department of Agriculture at 301-422-5080.

### **Does locking the car doors help keep you safer in an accident?**

My husband and I have had a "spirited discussion" about this question. My husband always insists that we lock the doors when driving so they don't "pop open accidentally." I prefer unlocked, because should we have an accident, the first one on the scene doesn't have to break a window to get the car open. He thinks that by locking them, "additional bolts or something" provide more strength. I say the locks simply disable the door latch from the outside and prevent someone from opening the door to assist. He thinks we should lock them anyway. What do you think? Email me at shawkins@forestheightsmd.gov

July 2016

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## Town Community News (continued)

### The Forest Heights Recreation Club Program invites you to a seminar on: **DONATE LIFE**

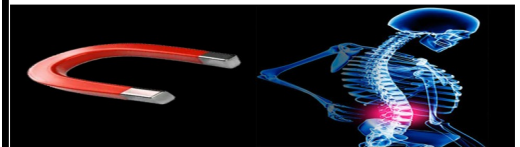


**Monday July 11, 2016 @1-2 PM**  
Forest Heights Municipal Building  
5508 Arapahoe Drive  
Forest Heights, MD 20745

For information contact Mrs. Turner at 202-330-3043 or  
email [Turnerkchar@aol.com](mailto:Turnerkchar@aol.com)

Are you doing all you  
can for  
your Health?  
**Seniors Exercise Classes**  
Monday and  
Wednesday,  
**Class Begins at  
12:00 noon**

### **The Forest Heights Healthy Living: How Magnetic Therapy Relieves Pain**



**Thursday, July 28, 2016 @  
1-2pm**

**Forest Heights Municipal  
Building**

**5508 Arapahoe Drive  
Forest Heights, MD 20745**

### **Thank to United Medical Mobile Health Clinic for coming out to Forest Heights.**



#### **Why use the Mobile Health Clinic**

Key benefits to this program such as eliminating the need for transportation, bringing healthcare to the community, and providing a low-cost alternative to emergency room visits. Still another reason that mobile health clinics succeed where traditional primary care fails is convenience. Once the Family Van has parked in a neighborhood for the morning or after-

noon, it's there to provide whatever is needed. It takes only walk-ins. Some people simply swing by occasionally to pick up free condoms. Others, come regularly to get updates on chronic conditions. Because Maryland health-care-reform law requires citizens to have health insurance, most Family Van patients—82 percent—do have coverage, and well over half have regular primary-care providers. In a sense, that should mean they don't need to come to the van. But having a relationship with a doctor isn't the same thing as having him or her on call for you reliably once a week.

Another part is the vans' emphasis on long, sometimes meandering conversations between patients and health-care providers, which are often the best way to find out what's bothering a patient and what can be done about it. Conventional primary-care doctors often can't afford to discuss their patients' issues in depth, since they're not reimbursed for that time. Van staffers, on the other hand, don't have to worry about insurance and Medicare reimbursement: their salaries are paid by donations.

Staffed by nurse practitioners and medical technicians, the 38 foot long and 12 foot wide Mobile Health Clinic will circulate throughout the community providing services such as testing and screening for high blood pressure, diabetes, cholesterol, HIV/STD, pregnancy and immunizations. In addition to screenings and testing, the clinic will also provide diagnosis and treatment services, including health education information to allow patients to locate and make informed decisions on primary care physicians and specialists.

**Senior Citizens Be Aware:** There are all kinds of scams; please make sure you do not disclose your personal information to strangers. A Social Security number is the single most important piece of government-issued identification an American citizen can have, and the most valuable piece of identification that cybercriminals try to get their hands on.

## Volunteers Needed! We need

your help. Come out and volunteer for Forest Heights Day and enjoy the wonderful festival first hand.

Forest Heights Day Meeting July 19, 2016  
6:30 p.m.

Please contact Bean if you are available, all are welcome. 301-839-1030.

## COMMUNITY CALENDAR JULY 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 FOREST HEIGHTS LIMIT-LESS STARZ DANCE 9-12PM.
3	4	5 TRASH	6 SENIOR EXERCISE CLASSES 12-1PM	7 BULK TRASH 3 ITEMS OR LESS	8	9 FOREST HEIGHTS LIMIT-LESS STARZ DANCE 9-12PM.
10	11 MAYOR/COUNCIL TOWN MEETING 7:30PM. YARD WASTE, TRASH AND RECYCLING SENIOR EXERCISE CLASSES 12-1PM SEMINAR ON DONATE LIFE 1-2PM SUMMER THEATER CAMP 3-5PM	12 SUMMER THEATER CAMP 3-5PM	13 SENIOR EXERCISE CLASSES 12-1PM SUMMER THEATER CAMP 3-5PM	14 BULK TRASH 3 ITEMS OR LESS SUMMER THEATER CAMP 3-5PM	15 SUMMER THEATER CAMP 3-5PM	16 FOREST HEIGHTS LIMIT-LESS STARZ DANCE 9-12PM.
17	18 YARD WASTE, TRASH and RECYCLING SENIOR EXERCISE CLASSES 12-1PM SUMMER THEATER CAMP 3-5PM	19 SUMMER THEATER CAMP 3-5PM  FOREST HEIGHTS DAY VOLUNTEER MEETING 6:30PM	20 MAYOR/COUNCIL TOWN MEETING 8:00 PM  SENIOR EXERCISE CLASSES 12-1PM SUMMER THEATER CAMP 3-5PM	21 BULK TRASH 3 ITEMS OR LESS SUMMER THEATER CAMP 3-5PM	22 SUMMER THEATER CAMP 3-5PM	23 FOREST HEIGHTS LIMIT-LESS STARZ DANCE 9-12PM.
24 31	25 YARD WASTE, TRASH and RECYCLING SENIOR EXERCISE CLASSES 12-1PM SUMMER THEATER CAMP 3-5PM	26 SUMMER THEATER CAMP 3-5PM	27 SENIOR EXERCISE CLASSES 12-1PM SUMMER THEATER CAMP 3-5PM	28 BULK TRASH 3 ITEMS OR LESS GREEN TEAM MEETING 6:00 PM  SIMINAR ON MAGNETIC THERAPY RELIEVE PAIN 1-2PM SUMMER THEATER CAMP 3-5PM	29 SUMMER THEATER CAMP 3-5PM	30 FOREST HEIGHTS LIMIT-LESS STARZ DANCE 9-12PM.



### Get your Town of Forest Heights Information Electronically!

**Stay Connected: Town Meetings Now Available Online, FH Community Video**

Residents are invited to sign-up to received updates on upcoming events, meeting notices, public safety notices/alerts, etc. It is easy to sign-up; just email [shawkins@forestheightsmd.gov](mailto:shawkins@forestheightsmd.gov) to start receiving information electronically from the Town of Forest Heights, or call the Town Hall Administrative Office at 301-839-1030 for assistance. Visit us at [www.forestheightsmd.gov](http://www.forestheightsmd.gov). and/or check us out on Forest Heights Facebook. May we have your email address?

\*\*\*\*\*EWCWSS\*\*\*\*

Local Forest Heights  
Post Customer

PRSWRT STD  
ECRWSS  
U.S. POSTAGE  
PAID

## ***Town Community News (continued)***

### **REMINDER**

**Forest Heights Residents**

**As of May 1, 2016**

### **YARD WASTE, TRASH and RECYCLING**

**To be once-a-week pickup**

**MONDAY ONLY.**

**METAL PICK-UP.** Metal placed on the curb will be picked up by Public Works for a minimum of \$35.00, (Must pay in advance). Propane Tank Pick-ups are \$30 each; Tires \$15.00 each.

**Trash/Recycle Collection is to be placed at the curb  
the night before collection**

**PICK-UP DAYS BEGIN AT 6:30 a.m.**



The Town of Forest Heights welcomes all students in need of service hours. The students can volunteer for the Town of Forest Heights Community Day, which will be on Saturday, August 6, 2016. Please contact the Town

Administrative Office for information about volunteering at 301-839-1030.

If you are a Vendor looking to sell your goods at our Community Day; Vendor Applications are available at the Town Municipal Center.

### ***Forest Heights Notary***

**9 am - 4 pm Monday - Friday**

**Notary is \$2 per document**

### **ADMINISTRATIVE OFFICES**

**Phone (301) 839-1030 Fax (301) 839-9236**

**8:30a.m.—5:00 p.m.**

**[www.forestheightsmd.gov](http://www.forestheightsmd.gov)**

**Mayor Jacqueline Goodall—ext. 1223**

[jacquelinegoodall@msn.com](mailto:jacquelinegoodall@msn.com)

### **TOWN COUNCIL**

#### **Ward I**

**C. Lynn Smith-Barnes—ext. 1301**

[ward1handinhand@aol.com](mailto:ward1handinhand@aol.com)

**Robert Barnes —ext. 1303**

[RBarnes@forestheightsmd.gov](mailto:RBarnes@forestheightsmd.gov)

#### **Ward II**

**Jonathon Kennedy II— ext. 1304**

[jwkennedy2@yahoo.com](mailto:jwkennedy2@yahoo.com)

**Cynthia Mann— ext. 1305**

[CMann4@msn.com](mailto:CMann4@msn.com)

#### **Ward III**

**Habeeb-Ullah Muhammad— ext.1300**

[ward3muhammad@yahoo.com](mailto:ward3muhammad@yahoo.com)

**Brian McLaurin—ext 1302**

[brmrides@msn.com](mailto:brmrides@msn.com)

### **ADMINISTRATIVE OFFICES**

**Vern Haeefe,**

**Town Administrator— ext. 1234**

[VHaeefe2010@gmail.com](mailto:VHaeefe2010@gmail.com)

**Bonita Anderson, Town Clerk—ext. 1233**

[BAnderson@forestheightsmd.gov](mailto:BAnderson@forestheightsmd.gov)

**Sherletta Hawkins,**

**Administrative Assistant—ext. 1229**

[SHawkins@forestheightsmd.gov](mailto:SHawkins@forestheightsmd.gov)

**Leittia Vaughn, Town Treasurer-ext. 1235**

[LVaughn@forestheightsmd.gov](mailto:LVaughn@forestheightsmd.gov)

**Town Planner—ext.1232**

[LRobinson@forestheightsmd.gov](mailto:LRobinson@forestheightsmd.gov)

### **POLICE DEPARTMENT**

**(301) 839-4040**

**Chief of Police Stewart Russell—ext. 1224**

[srussell@forestheightsmd.gov](mailto:srussell@forestheightsmd.gov)

**Latessa Crawford, Police Clerk—ext. 1225**

[lcrawford@forestheightsmd.gov](mailto:lcrawford@forestheightsmd.gov)

### **CODE ENFORCEMENT OFC**

[Rsmith@forestheightsmd.gov](mailto:Rsmith@forestheightsmd.gov)

**Eastover District IV Police**

**(301) 749-4900**